

# PROJECT 3: *Bike Maintenance*

## LEARNING INTENTIONS

### We are learning to:

- » Change a flat tyre
- » Put a bike chain back on
- » Lubricate a bike chain

## SUCCESS CRITERIA

- » I can change a flat tyre
- » I can put a bike chain back on
- » I can lubricate a bike chain

## AUSTRALIAN CURRICULUM LINKS

- » Plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing (AC9HP8P10)
- » Analyse, refine and transfer movement skills in a variety of movement situations (AC9HP8M01)
- » Participate in physical activities designed to improve fitness and wellbeing to investigate the impact of regular participation on health, fitness and wellbeing (AC9HP8M04)
- » Investigate modifications to equipment, rules and scoring systems that support fair play and inclusive participation (AC9HP8M08)

## EQUIPMENT AND PREPARATION

Available in bike hire package:

- Demonstration bike
- Spare wheels
- Bike maintenance kits

## TUNING IN

Explain to students that in this lesson you will learn some basic bike maintenance techniques. This will supplement the ABC Tight Bike Safety Check that you do at the beginning of each lesson to ensure your bike is roadworthy. In this lesson we will be working on the spare wheels, not your own or hire bikes.

Students should download from the website and complete Quick Quiz 5 at the start of the lesson.

Watch the following Bike Maintenance How-to videos:

- » How to change a flat tyre
- » How to wash your bike
- » How to put a bike chain back on

Conduct a review of the Bike Maintenance instructions .

## SKILL DEVELOPMENT

### Teacher demonstration of:

- » How to change a flat tyre
- » How to put a bike chain back on
- » How to lubricate a bike chain

## ACTIVITY 1: BIKE MAINTENANCE SKILLS

In pairs have students practice changing a tyre on the spare wheels using the bike maintenance kits.

Whilst students are changing tyres on the spare wheels, have other students take turns on the demonstration bike to practice lubricating and putting the chain back on.

## REFLECTION

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Discuss the main techniques to change a tyre, lubricate and put a chain back on.

### ASK STUDENTS:

- » To download from the website and complete Quick Quiz 6

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